



6 Steps Toward Content Control

1. LIST

Make a list of all of the ports of entry for the internet into your home.

- Television
- Computers/laptops
- Smartphones
- iPads
- Video game consoles (X-box, PlayStation, Nintendo Switch)
- Kindle/e-readers
- Appliances
- Voice activated virtual assistants (Alexa, Google Home, etc.)

2. DELETE

Looking at each device that stores content, do you have shows, movies, or video games downloaded/purchased that won't encourage true, noble, pure or praiseworthy thoughts?

Delete them. It's okay if you spent money on them, delete them anyway.

3. RESTRICT

Look into each and every device and **what specifically** it gives access to. Start with one device, don't get overwhelmed.

For example, the televisions:

What streaming services do you have? Netflix? Prime? Hulu? Whatever you have, set up profiles that restrict content for kids and one for adults too.

(Because no Christian should be finding entertainment in most of the TV-Mature rated content online.) Do you have a cable package? (Do you need a cable package?) Do you a set top (cable) box? If so, are there parental controls you can enable? Most Samsung SmartTVs have parental controls built in that can be set up – do it.

When you have the TV set, move on to the next set of devices.

4. **PURGE**

Go through any of your old DVDs, video games, music, books, magazines, etc. that may not be appropriate for your kids (or you) and get rid of them. There's no need for nostalgic temptation.

5. **LIMIT**

Limit the amount of time spent "consuming". Even if its quality programming or educational videos, too much time "consuming" can have negative consequences. Try to turn the time spent consuming into time spent producing. If you're going to watch YouTube, let it teach you something that you can immediately apply and put to work. Whether that is a recipe, learning to play an instrument, building a Lego creation, or making a craft.

In order to accomplish this you may need to take the TV remotes away on school days, or set up time limits on smartphones or game consoles on top of new standards set for the family.

6. **OWN IT**

As you go through this process talk to your kids about **your** conviction to reduce the amount of unhealthy and unholy content in your own life.

In Philippians 4: 9, right after Paul tells us what to think about, he says: "Whatever you have learned, or received, or heard – or seen in me, put it into practice."

Can you say this to your kids regarding your media consumption? Can you say: Whatever you see me do, do yourself? Whatever you've heard me say and learned from my behavior, put it into practice? Can you say this to your children and be happy with the results? If not, this is your new goal.

Always start with your own improvement and then humbly admit to your kids you didn't set a great example but you are trying to do better.

